

SPORTS

★ PT Prep

PT Prep is a circuit training and aerobics class combined. It is designed to keep the heart rate up while working on circuit exercises that focus on push-ups and sit-ups.

The aerobic portions focus on intense exercises — jumping jacks, sprints (in place), hustlers, shuffles, body builders — that build cardiovascular endurance to help with the PT run.

PT Prep is **Mondays, Wednesdays and Fridays** at 6 a.m.

★ Spinning class

Indoor cycling classes are held at the East Fitness Center, **Monday-Thursday**, 6 p.m., and **Saturdays** at 1 p.m.

Call 846-1073.

★ Air Force sports

If you excel in boxing, bowling, cross country, golf, fencing, rugby, shooting, tae kwon do, track and field, triathlon, wrestling, marathon or men's and women's basketball, soccer, softball or volleyball, consider the Air Force Sports Program.

Visit <https://www-rafsv.af.mil/FT/> or call 846-1102.

★ Ride of Your Life

Be a part of Air Force Cycling in the "Go for the Ride of Your Life."

You can win T-shirts, caps, towels and water bottles.

Pick up a mileage card at the East Fitness Center.

Call 846-1068 or 846-1102.

★ Run for Your Life

The East Fitness Center holds the "Run for Your Life" program.

Participants are authorized three miles a day. Incentive prizes are given out for miles accumulated.

Call 846-1102.

★ Yoga

Join the **Saturday Yoga** Class at 11 a.m.

The focus is more down-to-earth benefits of Yoga, including improved physical fitness, mental clarity, greater self-understanding, stress control and general well-being achieved with continuous stretching exercises.

★ Personal trainers

Two personal trainers are on-call at the East Fitness Center.

James Allison is a Certified International Fitness Professional Association member and Diane Cabral is a Certified National Strength and Condition Association

Personal Trainer.

Fee for consultations is \$25 an hour. Call 846-1102.

★ Handball club

The handball clubs takes no initiation fees or dues and has no meetings—just competitive handball games.

Courts 2 and 5 are reserved from 11 a.m.-1 p.m. for challenge games.

New members are always welcome.

Call 846-2454.

★ Rock and Bowl

Kirtland Lanes is offering its Rock and Bowl program Friday and Saturday nights in February.

Come out for a rockin' good time **Fridays**, 9 p.m.-midnight and **Saturdays**, 7 p.m.-midnight.

The bowling lanes feature a new light show, new music and your favorite oldies, an automatic bumper system for the kids, a video arcade, four pool tables, a foosball table and a dart room.

Call 846-6851.

★ Golf 'tune-up'

"Make the Move to Improve!" with a spring "tune-up" at Tijeras Arroyo Golf Course.

February-April, the golf course offers golf tips, a large bucket of range balls and a takeout lunch **Tuesdays and Thursdays**, 11:30 a.m.-1 p.m.

The fee for sessions,

limited to 10 golfers, is \$10 at the Pro Shop.

Call 846-1574.

★ Lobo Women

Tickets are available at Information, Tickets and Travel for Lobo Women's Basketball games.

Game dates are **Jan. 31** on "Pack the Pit" night for \$8, **Feb. 21** on Heroes Day for \$4 and **March 6** Youth Day for \$4.

Call 846-2924.

★ Aerobics class

The Low-Impact Aerobics class begins at 9:30 a.m. **Mondays, Wednesdays and Fridays.**

★ Kayak roll

Another Kayak roll clinic with safety techniques, wet exits, Eskimo rescue and rollying will be in **April** in the Indoor Pool.

Fee is \$20 if you have gear and \$25 without.

At least five students must register for the class.

Call 846-1499.

★ Golf special

Play a round of golf with a cart and enjoy a Bogey Basket meal for \$20 during the winter golf special offered **every Monday-Thursday through February.**

Call 846-1574.

★ Lunch Crunch

The East Fitness Center has the Lunch Crunch, **Mondays,**

Wednesdays and Fridays, 12:30-1 p.m.

The aerobics class focuses on abs, thighs and glutes.

Call 846-1102.

★ Swim to fitness

Water aerobics is open on a pay-by-the-day or pool pass basis at no additional charge.

Classes are **Mondays, Wednesdays and Fridays**, 11 a.m., and **Mondays and Wednesdays**, 5:30-6:30 p.m.

★ Children's swim team

A year-round children's swim team is offered through Kirtland Aquatics Club.

The team is open to youngsters 6-17 years old.

Call 271-9586.

★ "Boot Camp"

Recall the glory days of boot camp while getting into shape.

Classes are **Wednesdays**, 5 p.m., at the East Fitness Center.

Call 846-1073.

★ Big Guns Club

Be a part of the Big Guns Club. To qualify, you must be able to complete 74/30 (male/female) push-ups, 20/2 pull-ups and bench press your weight and a half for men and bench press your weight for women.

Call 846-1102

SPORTS

NATIONAL LEAGUE INTRAMURAL BASKETBALL STANDINGS AS OF 30 JAN 04

TEAM NAME WINS LOSSES

58 MXS#2	7	2
AFRL	6	2
LRS	6	3
58 MXS-AGE	6	4
MEPS	5	4
898 MUNS	5	5
SFS#2	3	7
58 AMXS	2	7
DET 1, TRS	1	7

AMERICAN BASKETBALL LEAGUE AS OF 30 JAN 04

TEAM NAME WINS LOSSES

MED GROUP	8	0
58 MXS #1	7	0

SFS	6	4
SERVICES	5	4
AFOTEC #1	3	5
DET-12	2	9
377 ABW	1	5
377 MSG/CEFO	1	6

OVER 30 BASKETBALL STANDINGS AS OF 30 JAN 04

TEAM NAME WINS LOSSES

58 OG	7	0
AFRL/ASC	7	1
58 MXS #1	6	2
LRS	4	2
377 ABW	4	3
377 MSG/CEFO	2	3
AFIA	2	5
MED GROUP	1	3
DTRA	1	5
SFS	1	5
AFOTEC#1	0	6